



LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES JAMSHORO

POST EVENT REPORT

COMMUNITY OUTREACH PROGRAMS FOR WIDER
COMMUNITY

YEAR - 2023

LUMHS Community outreach programs for wider community

Liaquat University of Medical and Health Sciences (LUMHS) prioritizes community engagement and social responsibility. This report showcases our annual initiatives, aligned with Section 3.32's guidelines, demonstrating our commitment to serving the community.

1. Hygiene
2. Nutrition
3. Family planning
4. Sports
5. Exercise
6. Aging well

1.1. LUMHS organized a health hygiene community outreach program at sweet Home (an orphanage)

Liaquat University of Medical and Health Sciences (LUMHS) conducted a health and hygiene community outreach program at Sweet Home, an orphanage operated by Pakistan Baitulmal in Qasimabad. The event was graced by the Vice Chancellor of LUMHS, Prof. Dr. Ikram Din Ujjan, who emphasized the importance of maintaining good health and hygiene practices, particularly among vulnerable populations like orphans. During the program, the university's team provided comprehensive health and hygiene education to the children, focusing on essential habits such as hand washing, oral hygiene, and proper sanitation. To support the children's health and wellbeing, the Vice Chancellor distributed hygiene kits to each child, containing essential items like toothbrushes, toothpaste, soaps, and towels. This initiative demonstrates LUMHS's commitment to community service and social responsibility, aligning with the United Nations' Sustainable Development Goals (SDGs), particularly SDG 3: Good Health and Well-being. By promoting health and hygiene practices among orphaned children, LUMHS aims to contribute to their overall wellbeing, education, and development, ultimately empowering them to lead healthier and more productive lives. The university's outreach program also strengthens its ties with local communities, fostering a culture of care and compassion among its students, faculty, and staff. LUMHS continues to serve the orphanage through similar activities and provision of goods needed by the children

Date 11th October 2023





1.2 Community outreach program with school children for Health and Hygiene: Good Health and Wellbeing

The Community Medicine Department of Liaquat University of Medical and Health Sciences (LUMHS) has initiated an impactful outreach program, organizing a series of interactive sessions with students in various schools across the community. Focusing on essential health and hygiene practices, these sessions aim to educate and empower the younger generation, fostering a culture of wellness and disease prevention. Through engaging discussions, presentations, and hands-on activities, LUMHS faculty and students enlighten schoolchildren on critical topics such as proper hand washing techniques, oral hygiene etc. Additionally, the sessions address pressing issues like. The activities in schools organized by Community Medicine Department demonstrates university's commitment to promoting health equity, aligning with Sustainable Development Goals (SDGs) 3 (Good Health and Well-being) and 4 (Quality Education), and nurturing a healthier future for Pakistan's youth.

Date: 5th September 2023

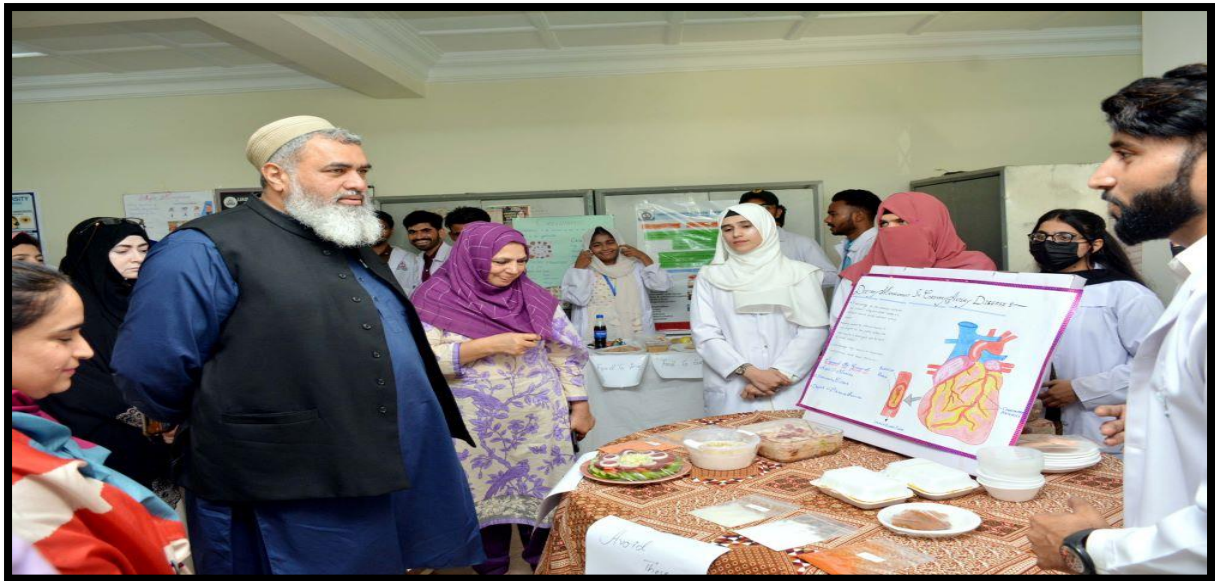
Venue: ShahLatif Public School



2.1. Nursing college at LUMHS organized project presentation effects of nutrients on vital organs of the body.

The Nursing College at Liaquat University of Medical and Health Sciences (LUMHS) organized a comprehensive project presentation on the pivotal role of nutrients in maintaining the optimal functioning of vital organs. Titled "Nourishing Life: The Impact of Nutrients on Vital Organs," the presentation showcased the meticulous research conducted by nursing students, highlighting the intricate relationships between essential nutrients and the healthy functioning of critical organs such as the heart, brain, liver, kidneys, and digestive system. Through engaging visual aids, interactive displays, and informative posters, the students demonstrated how adequate intake of macronutrients and micronutrients can prevent chronic diseases, support immune function, and promote overall well-being. The event provided a valuable platform for knowledge sharing, fostering a deeper understanding of nutrition's significance in maintaining optimal health and disease prevention, aligning with Sustainable

Development Goal (SDG) 3: Good Health and Well-being. The wider groups of community were invited to join the event to get awareness to improve their overall health and wellbeing.





2.2. Over all Health and Nutrition Activity for Children in Local Community School

The Department of Community Medicine at Liaquat University of Medical and Health Sciences (LUMHS) organized a community outreach program on October 12, 2023, in collaboration with local NGOs at a community school in Jamshoro. This initiative aimed to provide comprehensive support to children and families, aligning with Sustainable Development Goals (SDGs), and featured medical check-ups, nutrition awareness sessions, and a de-worming program with anti-parasitic medication distribution. Additionally, educational materials, stationery, and toys were donated to encourage learning and fun. Faculty members and SDG Volunteer students from LUMHS actively participated, showcasing the university's commitment to community engagement, social responsibility, and sustainable development, and contributing to the holistic development of the community.





3. Community outreach program on family planning & women's overall health

A community outreach program was organized by LUMHS Faculty member, MBBS students and house job fellows, in Tharparkar, targeting the general public with a focus on women's health. The awareness on overall health of women, consultancy Doctors and consultancy on contraceptive methods were three important activities were conducted. The primary objective of the sessions was to empower women to take charge of their families' overall health and wellbeing. The activity highlighted importance to educate women on the importance of family planning, benefits of having a manageable family size, ideally two or three children, considering limited financial resources and healthcare facilities.

The session addressed the challenges women face in providing adequate care for large families, which can compromise their own health, child health, and the overall family dynamics. Expert facilitators provided comprehensive information on various contraceptive methods, enabling women to make informed decisions about their reproductive health and choose suitable, safe options.

By promoting family planning and reproductive health awareness, this initiative aimed to improve the quality of life for women, children, and families, ultimately contributing to a healthier community.

Date: 7th July 2023


Venue: Tharparkar (a rural area of Sindh, Pakistan)






4. Promoting Good Health and Wellbeing: Cycle riding awareness walk

Liaquat University of Medical and Health Sciences (LUMHS) Jamshoro, organized an awareness walk to champion cycling on October 7th, 2023, as a vital component of a healthy lifestyle, emphasizing the significance of physical activity for overall health and well-being. Commencing at 10:00 am, the event brought together students, faculty members, and community enthusiasts who collectively pedaled towards a shared goal: promoting a culture of wellness. By advocating for cycling as a feasible and enjoyable means of exercise, LUMHS aimed to inspire participants to incorporate physical activity into their daily routines, thereby reducing the risk of chronic diseases, improving mental health, and contributing to Sustainable Development Goal (SDG) 3: Good Health and Well-being. This initiative demonstrated LUMHS's commitment to fostering a healthy community, encouraging individuals to take ownership of their well-being and embrace cycling as a sustainable, eco-friendly lifestyle choice.



You all are cordially invited for
Cycle Riding Awareness Walk
Scheduled to be held on
Thursday 2nd March 2023 at 8:30am
From Main Campus Gate to University Main Gate
Honourable Vice Chancellor
Prof. Dr. Ikram Din Ujjan
has kindly consented to be the Chief Guest.

STUDENTS ARE ENCOURAGED TO BRING THEIR CYCLE AND JOIN IN THIS
HEALTH CYCLE RIDING



DEPARTMENT OF CARDIOLOGY BMC LUMHS JAMSHORO



5. Aging well

On November 15, 2023, a thought-provoking seminar on "Aging Well" was successfully conducted at the Auditorium of the Medical Research Center. The informative session was expertly delivered by final-year medical student, showcasing their knowledge and research skills. The comprehensive presentation covered various aspects of healthy aging. The seminar provided valuable insights and practical tips for the audience, comprising healthcare professionals, students, and community members. The students' engaging presentation

sparked meaningful discussions and highlighted the importance of proactive approaches to aging well.



6. Exercise for community

Liaquat University of Medical and Health Sciences (LUMHS) operates a state-of-the-art gymnasium, primarily catering to students, staff, and faculty. However, every Saturday and Sunday from 5 to 7 pm, the university extends an invitation to the general community to utilize its gym facilities. This inclusive initiative promotes community engagement, health awareness, and wellness among local residents. By sharing its resources, LUMHS demonstrates its commitment to social responsibility and public health, fostering a culture of fitness and healthy living beyond its campus boundaries.



